

Blended therapy

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Propositions

accompanying the thesis entitled

Blended Therapy

An innovative approach to implement and promote adherence to physical exercise training in patients with Inflammatory Myopathy

Pierrette Baschung Pfister
Maastricht, 2021

1. In order to be effective, training principles need to be followed strictly and adapted to individual needs. This optimization entails making sure that the training dosage is balanced rather than under- or overdosed, thereby preventing waste of time or risk of overload for the patient (this thesis).
2. For a valid translation of study intervention programs into clinical practice, not only the prescribed training components such as frequency, intensity, type and time, but also adherence to these components have to be fully reported (this thesis).
3. If only the MMT8 is used to determine muscle strength, there is a risk that mild muscle weakness as well as moderate changes in muscle strength will not be detected (this thesis).
4. The German MAP is a reliable and valid questionnaire to assess limitations in daily activities, although it does not cover all activities that are important for patients with an inflammatory myopathy (this thesis).
5. Blended therapy is a feasible, safe and promising approach to support physical exercise in patients with an inflammatory myopathy (this thesis).
6. The COVID-19 pandemic has stimulated an unprecedented growth of telerehabilitation.
7. Changing behaviour is crucial in helping inactive people becoming active, but understanding and influencing people's behaviour is a challenge.
8. Literature on clinimetrics can be confusing due to the variation in used terminology and definitions.
9. Physical activity is the closest thing we have to a wonder drug (Dr. Tom Frieden, director of the CDC).
10. Fordere viel von dir selbst und erwarte wenig von den anderen. So wird dir viel Ärger erspart bleiben / Demand much from yourself, little from others, and you will prevent discontent (Konfuzius, Chinese Philosopher, 551 - 479 v. Chr.).
11. Es ist vollkommen egal, wie langsam du vorankommst. Du überholst immer noch jeden, der gar nichts tut / It doesn't matter how slow you go. You still overtake anyone who does nothing at all.